

# TOP CROP #1: MILK & CREAM



Got milk? California does. Our dairy cows produced more than \$3.8 billion in milk and cream in 2004. California dairies contributed 21% of the country's milk supply, making the Golden State the top dairy state in the nation. Same goes for ice cream, butter and Mozzarella cheese, too!

# TOP CROP #2: GRAPES



Did you know that we Californians each eat an average of 7.7 pounds of grapes in a year? Grapes were a \$2.76 billion crop in California in 2004. The Napa Valley is famous for fine wines, but California is also a top producer of table, raisin and juice grapes.

# TOP CROP #3: ALMONDS



California farmers grew an almond crop worth \$2.2 billion in 2004, making this our third most valuable food crop. The average American eats nearly a pound of almonds each year. Almonds are an excellent source of Vitamin E.

# TOP CROP #4: BEEF



California ranchers produced more than \$1.6 billion in cattle and calves in 2004. Beef is an excellent source of nutrients including protein, zinc, vitamin B12, selenium and phosphorus.

# TOP CROP #5: LETTUCE



Along California's central coast is a region known as the "Salad Bowl of the World," and for good reason. The soil and conditions are just right for growing lettuce and a long list of vegetables. California farmers grew \$1.46 billion in lettuce in 2004.



# TOP CROP #6: STRAWBERRIES



Strawberry growers in California harvested a \$1.2 billion crop in 2004, making this our sixth most valuable food crop. Strawberries are naturally high in fiber, vitamin C, folate, potassium and antioxidants.

# TOP CROP #7: TOMATOES



Tomatoes were a \$1.09 billion crop in California in 2004, making them our seventh most valuable food crop. Botanically, tomatoes are considered a fruit because, generally, a fruit is the edible part of the plant that contains the seeds, while a vegetable is the edible stems, leaves, and roots of the plant.

# TOP CROP #8: CHICKENS



California chicken ranches produced \$714 million in chickens in 2004, making them our state's eighth most valuable food commodity. The average American eats 20 chickens each year!



# TOP CROP #9: BROCCOLI



California broccoli was a \$625 million crop in 2004. Monterey County is by far the leader in the state, boasting about half of the acreage and production. Broccoli is a member of the mustard family, closely related to cauliflower and cabbage.

# TOP CROP #10: ORANGES



California oranges were a \$563 million crop in 2004. Americans eat an average of 23.9 pounds of citrus each year. A carton of oranges weighs about 37.5 pounds, and California farmers grew 101 million cartons in 2004!



# **SUPER FOODS COME FROM CALIFORNIA!**

## **The Golden State's Top Ten Food Commodities:**

1. Milk & Cream
2. Grapes
3. Almonds
4. Beef
5. Lettuce
6. Strawberries
7. Tomatoes
8. Chickens
9. Broccoli
10. Oranges

